

A STUDY TO ASSESS THE EFFECTIVENESS OF VIRTUAL SKILL TRAINING PROGRAMME ON STRESS & IT'S CONTRIBUTING FACTORS AMONG ADOLESCENTS IN SELECTED NURSING COLLEGES AT CUTTACK, ODISHA.

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ABSTRACT

The objective of the study was to assess the effectiveness of virtual skill training program on stress and its contributing factors among adolescents and to find out the association between the posttest level of stress and its contributing factors among adolescents with their selected demographic variables. Research design was Pre experimental Design-One group pre- test post-test design. study was conducted among 200 nursing students who werestudying in selected nursing colleges by using purposive sampling technique to select the samples. Virtual skill training was imparted for 7 consecutive days at about 30-45 minutes. Ethical consideration was maintained by taking consent and the data kept confidential during data collection. After intervention Post test was conducted. The collected data were coded and analyzed by using descriptive and Inferential Statistic.

Key words: Virtual skill training program, Stress and its contributing factors, Adolescents nursing Students.

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INTRODUCTION

Adolescence is a bright developmental stage, separable from both childhood and adulthood, which presents specific challenges and opportunities. Nearly 68% of the nursing students had moderate stress, 27% had mild stress and 5% had severe stress. (WHO-2020).

Many researchers have reported that adolescents experience more amount of stress during college years compared to other phases of life. When stressors or their determinants go unchecked among adolescents, it commonly leads to problems like depression, anxiety, emotional outbursts, high risk behaviors, school dropouts, suicidal ideations. (Kallol Roy et.al, 2016)

Nursing students are influenced by the various hospital stressor agents in addition to the stress caused by theoretical training environment. Hospitals are considered as one of the most stressful work environments, because there, it is the matter of humans' death and life. the most psychological stress factor of the nurses was related to the ward's critical environment (77.13%) and patients' mortality (75.7%). the most stressful cause of the nursing students had been due to transmission of the contagious diseases. Response to stress can be in an unhealthy way, and the role of the nurse at this time is helping to promote the health. Health promotion includes strategies for reduction and management of the stress, the nurse also can use nursing process in order to manage the stress. (Mohsen Yazdani et al., 2010)

MATERIAL & METHODS

Pre experimental Design-One group pre- test post-test design study was conducted among 200 nursing students who were studying in selected nursing colleges by using purposive sampling technique to select the samples. Virtual skill training was imparted for 7 consecutive days at about 30-45 minutes. After intervention and Posttest was conducted.

RESULTS

The study result shows that Frequency and Percentage Wise Distribution of demographic variables among adolescents. Out of the 200 adolescents who were interviewed, Majority of the adolescents 88 (44%) of study population were in the age group 17 years. Majority of the adolescents comes under female 180 (90%) in gender. Most of the adolescents 137 (68.5%) were belongs to Hindu religion. Most of them come under nuclear family 108 (54%). Majority of the adolescents were stayed in hostel 119 (59.5%). Most of the adolescents 149 (74.5%) were family monthly income rs.10001-15000. Majority of the adolescent's father had completed higher secondary 138 (69%). Most of the adolescent's mother had completed higher secondary 131 (65.5%). Majority of the adolescent's father were occupation status is business 102 (51%). Most of the adolescent's mothers were occupation status is housewife 188 (94%). Majority of the adolescents were regular hobbies is listening to music 138 (69%).

Table .1: Frequency and percentage wise distribution of Pre-test and post- test of the level of stress and its contributing factors among adolescents. (N = 200)

LEVEL OF STRESS AND ITS CONTRIBUTING FACTORS	PRETEST		POSTTEST	
	n	%	N	%
No stress (1-38)	0	0	139	69.5
Mild stress (39-76)	13	6.5	53	26.5
Moderate stress (77-114)	158	79	8	4
Very severe (115-152)	29	14.5	0	0

Frequency and percentage wise distribution of Pre-test and post- test of the level of stress and its contributing factors among adolescents. In pre-test adolescents, majority of them had moderate level of stress 158 (79%), 29 (14.5%) had very severe level of stress and few adolescents had Mild level of stress is 13 (6.5%) respectively. In post-test adolescents, majority of them had no stress 139 (69.5%), 53 (26.5%) had Mild level of stress and few adolescents had moderate level of stress is 8 (4%) respectively.

Table 3: Comparison of the Pre-test and post- test of the level of stress and its contributing factors among adolescents. (N=200)

LEVEL OF STRESS AND ITS CONTRIBUTING FACTORS AMONG ADOLESCENTS.						
TEST	MEAN	STANDARD DEVIATION	MEAN DIFFERENCE	t' VALUE	df	p' VALUE
Pre test	91.5	24.4	70.54	67.89	199	0.001**
Post test	20.95	17.9				

** - $p < 0.001$ highly significant

The mean score of effectiveness of the level of stress in the pre-test was 91.5 ± 24.4 and the mean score in the post- test was 20.95 ± 17.9 . The calculated **paired 't' test value of $t = 67.89$** shows statistically highly significant difference between Comparison of the Pre-test and post-test of the level of stress among adolescents respectively

DISCUSSION

This study was conducted to assess the effectiveness of virtual skill training program on stress and its contributing factors among adolescents in selected nursing colleges at Cuttack, Odisha. Pre experimental design - One group pre-test post-test design study was conducted among 200 nursing students who were studying in selected nursing colleges. The nature and purpose of the study was explained to nursing students, purposive sampling technique used to select the samples. Individual consent both verbal and written was obtained from nursing students. The participant information sheet was provided and written consent was obtained from nursing students. Demographic variables were collected using Interview schedule. Pre- test assessment of the level of stress and its contributing factors among adolescents nursing students was done. Virtual skill training was imparted for 7 consecutive days with session lasting for about 30-45 minutes. After intervention and Posttest was conducted and assessed the level of stress and itscontributing factors among adolescent nursing students. The collected data were computerized and analyzed using SPSS version 25. The analysis was done using Frequency, Percentage; Paired 't' and Chi-square test.

According to the demographic variables of nursing students, out of the 200 adolescents who were interviewed, Majority of the adolescents 88 (44%) of study population were in the age group 17 years. Majority of the adolescents comes under female 180 (90%) in gender. Most of the adolescents 137 (68.5%) were belongs to Hindu religion. Most of them come under nuclear family 108 (54%).Majority of the adolescents were stayed in hostel 119 (59.5%). Most of the adolescents149 (74.5%) were family monthly income rs.10001-15000. Majority of the adolescent's father had completed higher secondary 138 (69%). Most of the adolescent's mother had completed higher secondary 131 (65.5%). Majority of the adolescent's father were occupation status is business 102 (51%). Most of the adolescent's mothers were occupation status is housewife 188 (94%). Majority of the adolescents were regular hobbies are listening to music 138 (69%).

The first objective was to assess the pretest and posttest level of stress and its contributing factors among adolescents

Among 200 adolescents in pre-test adolescents, majority of them had moderate level of stress 158 (79%), 29 (14.5%) had very severe level of stress andfew adolescents had Mild level of stress is 13 (6.5%) respectively. In post-test adolescents, majority of them had no stress 139 (69.5%), 53 (26.5%) had Mild levelof stress and few adolescents had moderate level of stressis8 (4%) respectively

A Descriptive study on assess the level of stress between first and final year B.Sc. Nursing students in selected Nursing colleges, Madurai, Tamil Nadu. The sample consists of 100 nursing students. Convenient sampling technique was used in this study. The data were collected by validated questionnaire on 52 items and it was Likert's Stress Scale. The results show majority of Nursing students 30(60%) experienced severe stress, 15(30%) of them experienced moderate stress and a small minority 5(10%) experienced mild stress. (Jancy Rachel Daisy., 2017)

The second objective was to assess the effectiveness of virtual skill trainingprogram on stress and its contributing factors among adolescents

The mean score of effectiveness of the level of stress in the pre-test was 91.5 ± 24.4 and the mean score in the post- test was 20.95 ± 17.9 . The calculated paired 't' test value of $t = 67.89$ shows statistically highly significant difference between Comparison of the Pre-test and post-test of the level of stress among adolescents respectively.

The second objective was to assess the effectiveness of virtual skill trainingprogram on stress and its contributing factors among adolescents

The mean score of effectiveness of the level of stress in the pre-test was 91.5 ± 24.4 and the mean score in the post- test was 20.95 ± 17.9 . The calculated paired 't' test value of $t = 67.89$ shows statistically highly significant difference between Comparison of the Pre-test and post-test of the level of stress among adolescents respectively.

Hence There will be a significant difference between the pretest and posttest level of stress and its contributing factors among adolescents was accepted and null hypothesis was rejected. The intervention of Virtual skill training program is more effective; the stress level will be reduced among adolescents.

A cross sectional study on effectiveness of life skill training program on stress among adolescents at a school setting. In this study the psychological stress during adolescence is a natural phenomenon. Issues related to academics, parents, peers, social life, and personal doubts have always created some queries in these young minds. But most of the times, they get neglected by care givers. In this study, the psychological stress

tends to go unchecked among school students. Mainly, the primary objective was to test the effectiveness of life skill training program in reducing stress among adolescents. The study intervention program consisted of seven daily sessions of 50 minutes each conducted within school timings. Life skills, stress management modules from NIMHANS model were selected to address adolescent stressors. SPSS 15 was used for data entry and analysis. Pre, post and three month follow up assessments were conducted. The study results findings about 66% of the adolescents reported to be stressed and the mean stress scores among adolescents who underwent the intervention program reduced significantly from 133 to 116 after post one month and to 117 after post three month follow up ($p < 0.05$). (Veena Ganesh Kamath et al., 2016)

The third objective was to association between the posttest level of stress and its contributing factors among adolescents with their selected demographic variables.

The table 4 depicts that the demographic variables Age (in years), Gender, religion, Type of family and Place of living, Income of family per month, rupees, Occupation of the father Educational status of the mother, Occupation of the mother and Regular hobbies had shown statistically significant association between post-test level of stress and its contributing factors among adolescents with chi-square value of $p < 0.05$ and $p < 0.001$ level respectively.

Hence H_2 is There will be a significant association between the posttest level of stress and its contributing factors among adolescents with their selected demographic variables was accepted and null hypothesis was rejected

A cross-sectional descriptive-analytical study on sleep quality and its contributing factors among elderly People. Sleep is one of the significant factors affecting aging and elderly people's quality of life. In 2016 on 284 elderly people aged sixty or more. The collected data were (v. 16.0) analyzed using Mann-Whitney U and Kruskal-Wallis tests at the significance level of less than 0.05. Participants were mostly female (59.3%) and aged 68.93 ± 8.44 on average. Around 69% of them had good sleep quality. The majority of them had mild problems in subjective sleep quality (66.2%), sleep latency (40.5%), and sleep disturbances (64.8%), no problem in sleep duration (58.1%) and sleep efficiency (64.2%), no daytime dysfunction (71.5%), and most of them did not use sleeping medications (79.3%). Sleep quality had significant relationships with gender ($P = 0.03$), pain ($P = 0.007$), exposure to environmental stimuli ($P < 0.001$), regular physical activity ($P = 0.008$), and menopause-related problems ($P = 0.03$). The study concludes that, the most important factors contributing to their sleep quality are gender, pain, exposure to environmental stimuli, regular physical activity, and menopause-related problems.

(Samanah Aliabadi et al., 2017)

CONCLUSION

The study concludes that the level of stress among adolescents is reduced by given the Virtual skill training program. Implementing the Virtual skill training program or education to the students will be helpful for them.

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